

# Cygnnet ILF HD Quick Start Guide

## **New Cygnnet InfraLow HD Program**

- Requires Neuroamp II
- Advanced signal processing
- Training effects stronger and faster
- Requires readjustment of reward frequencies
- Expanded useful reward frequency range
- Standard ILF range of 0.1 to 1.0 mHz corresponds to ILF HD range of 1.0 to 10 mHz
- 0.1 to 1.0 mHz in HD now effectively lower than 0.1 mHz in regular ILF program
- Stronger training impact on very high arousal nervous systems

## **Transitioning existing clients from InfraLow to InfraLow HD application**

- Find new HD optimal reward frequency first at starting site (T4-P4 and/or T3-T4)
- Start with HD reward frequency ten times reward frequency with InfraLow program
- For those currently training at 0.1 mHz right side – start 1.0 mHz in HD
- Adjust reward frequency up or down according to response to training
- Allow a few sessions to find new optimal reward frequency
- Then add back other useful training placements
- When moving from right to left side placements, double right side reward frequency

## **Starting new clients with InfraLow HD application**

- Usual starting reward frequency is 1.0 mHz
- Move reward frequency up or down as needed for good effect
- Start 0.5 mHz for clients with extreme high arousal related to developmental or attachment disorders
- Allow a few sessions to optimize reward frequency at starting site
- Add other placements as needed
- When moving from right to left side placements, double right side reward frequency